



Fort Sam Houston News Leader



Vol. 38, No. 42

Fort Sam Houston – Home of Army Medicine

Oct. 19, 2006

Briefs . . .

Combined Federal Campaign

The 2006 Combined Federal Campaign for the U.S. Army Garrison will kick off today at 2 p.m. at the Roadrunner Community Center, Building 2797.

Activation ceremony

Brig. Gen. Richard Stone, commander, Medical Readiness and Training Command, invites the community to an activation ceremony for the 1st, 2nd and 3rd Medical Training Brigades and their subordinate units Sunday at 10:30 a.m. in Blesse Auditorium, Willis Hall, Building 2841. For more information, call Sgt. 1st Class Russell Guzman at 930-9613.

Fall concert

Col. Wendy Martinson, commander, United States Army Garrison, will host a free fall concert Sunday beginning at 5:45 p.m. at the gazebo on Staff Post Road. Bring lawn chairs, blankets and enjoy the sounds of the U.S. Army Medical Command Band led by Chief Warrant Officer William Brazier.

Public meeting

People are welcome to attend a public meeting to discuss the Draft Environmental Impact Statement for Base Realignment and Closure actions at Fort Sam Houston Tuesday from 7 to 9 p.m. at St. Patrick's Church, 1801 Interstate Highway 35 North in San Antonio. To view the statement, visit http://www.hqda.army.mil/accsim/brac/nepa_eis_do_cs.htm.

Newcomers' Extravaganza

The next Newcomers' Extravaganza will be held Tuesday from 9:30 to 11 a.m. at the Sam Houston Club. Attendance is mandatory for all permanent party military members E-1 through O-6 within 60 days of arrival at Fort Sam Houston. Everyone who attends the extravaganza will receive a voucher for \$2 off lunch at the Sam Houston Club immediately following the event. For more information, call Alicia Tyson at 221-2705 or 221-2418.

Disability employment workshop

A Disability Employment Awareness Month Workshop will be held Wednesday from 8 a.m. to 12 p.m. at the Sam Houston Club. The speaker will be Mikail Davenport, who rode 350 miles in seven days on his hand cycle to raise awareness of the capabilities of people with disabilities. The workshop also includes classes on health, fitness and disease prevention. Registration is required by Friday. To request reasonable accommodation for a disability, call Glennis Ribblett at 221-9401 or e-mail Glennis.Ribblett@us.army.mil. For more information or to register, call Cecilia Johnson at 916-2352 or e-mail Cecilia.johnson@amedd.army.mil.

Boxing at the Brought III

The public is invited to Boxing at the Brought III Oct. 28 starting at 6 p.m. at the Jimmy Brought Fitness Center. Doors open at 5 p.m. Boxers include military and civilian competitors. Admission is \$3, which includes an after-party. People should enter at the Walters Street gate off of Interstate Highway 35. For more information, call the Morale, Welfare and Recreation Sports Branch Boxing Club at 221-1532 or 221-1342, or e-mail Douglas.stanley@samhouston.army.mil.

See **BRIEFS** on Page 4



Photo by Olivia Mendoza

Registration required

Fort Sam Houston police officer Mike Huffines explains the post vehicle registration requirement to Spc. Tim Luukkonen. Phase II of the Vehicle Registration Campaign is in effect through Oct. 29. Drivers who do not have their vehicles registered will be issued a traffic citation at the visitors' entrance gates and will have 10 working days to register their vehicles. Phase III, which runs Oct. 30 through Nov. 12, is the enforcement phase. Drivers who were issued a citation and have exceeded the 10-day period will be denied access. Newly assigned personnel will be issued a citation and will have 10 days to register their vehicles.

Army unveils new advertising campaign

WASHINGTON – The Army announced Oct. 9 the start of the communication and education phase of the Army's new advertising campaign — Army Strong.

Army Secretary Dr. Francis J. Harvey unveiled the effort to tell the Army about the campaign, a key component of the Army's recruiting efforts, during an opening ceremony for the 2006 Association of the U.S. Army Annual Meeting in Washington, D.C.

"This morning we will launch our internal communications and education phase lasting several weeks until we formally launch the new advertising campaign on Nov. 9," Harvey said. "It is vitally important that the internal Army family understand and embrace this new campaign. I believe it speaks to an essential truth of being a Soldier."

The Army is taking 30 days to educate its internal audience on the campaign's meaning. It will go "public" Nov. 9 with television, radio and online spots, as well as an updated

www.goarmy.com Web site. Print ads are scheduled to begin in January, and will be directed to media that appeals to young adults.

The Army Strong campaign will build on the foundation of previous recruiting campaigns by highlighting the transformative power of the Army. It will also capture the defining experiences of Soldiers — active duty, Army Reserve and National Guard — serving the nation at home and abroad.

"I am both inspired and confident that the campaign will build on the positive momentum within our recruiting program," said Lt. Gen. Robert Van Antwerp Jr., commander of the U.S. Army Accessions Command.

The Army Strong campaign will address the interests and motivations of those considering a career in the Army, and will also speak to family members and friends supporting prospective recruits.

See **CAMPAIGN** on Page 4

The Special Troops Battalion caisson participates in the parade to open the Fort Sam Fall Fest in 2005.



Photo by Kathrine Maple

2006 Combat Medic Fest

The 2006 Combat Medic Fest will be held Saturday from 7:15 a.m. to 6 p.m. at the MacArthur Parade Field. The Combat Medic Run will kick off the day-long festivities and includes a 5K, 10K and 2-mile run or walk. Other activities include a parade, arts and crafts fair, live entertainment, games, contests and children's activities. For the first time, the festival will include a barbecue cook-off and "Funniest Soldier on Post" competition. For more information on event activities, call 221-3003.

Beat the holiday rush, mail packages early

Story and photo by Olivia Mendoza
Fort Sam Houston News Leader

Although the holidays may seem far off to some, it is never too early to think about mailing gifts, particularly to loved ones overseas. Ready or not, shipping deadlines are approaching as early as this month.

The Fort Sam Houston Post Office has a few recommendations to help families get their parcels out on time.

“To save time, it is best for everyone to have their holiday cards and packages properly addressed, forms filled and items boxed in advance to expedite service,” said Michael Garcia, U.S. postal clerk. “The best time to go to the post office

would be in the morning and the afternoon to beat the rush after work. Otherwise, expect to wait in line a little longer.”

The Fort Sam Houston Post Office hours are Monday to Friday from 8:30 a.m. to 5 p.m. and Saturdays from 8:30 a.m. to 12 p.m.

When preparing to mail to a service member overseas, there are a few restrictions to keep in mind. Every country has customs regulations regarding incoming mail, according to the United States Postal Service. While there are specific restrictions for each five-digit military post office ZIP Code (APO/FPO), according to USPS, the following items are prohibited in the

region of Operation Iraqi Freedom:

- Obscene articles (pictures, paintings, cards, films, videotapes, etc.)
- Any matter depicting nude or seminude persons, pornographic or sexual items, or non-authorized political materials
- Bulk quantities of religious materials contrary to the Islamic faith. Items for the personal use of the recipient are permissible
- Pork or pork by-products

For restrictions and mailing rates based on location, contact a local post office, call the Military Postal Service Agency at 1-800-810-6098 or visit <http://hqdainet.army.mil/mpsa/>.

See **MAIL EARLY** on Page 4



Victor Mux, U.S. postal clerk, readies for the afternoon dispatch at the Fort Sam Houston Post Office.

Fort Sam Houston News Leader

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Motorcycle groups ride in with donations

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs Office

A group of American Legion Riders from Arizona, New Mexico, Nevada and Texas arrived at Fort Sam Houston early Oct. 6 with two truckloads of comfort items for the Soldier and Family Assistance Center.

The riders dubbed the effort Operation Wounded Warrior.

"Operation Wounded Warrior was the first long motorcycle road trip I've taken since my return from Japan four years ago," said Victor Moss, director of the American Legion Riders, who rode from Nevada. "Unlike the trip to Japan, which was strictly for pleasure, this trip had a mission, delivering health and comfort items to wounded servicemen and servicewomen recuperating at Brooke Army Medical Center."

Traveling 300 to 400 miles per day, 60 to 80

motorcycle riders from the American Legion Riders made stops along the way, collecting donated items such as DVDs, CD players, games, lap blankets, books, magazines, decks of cards, bottled water, and personal items such as soap, shampoos and razors from the different states.

"We want to thank them (service members) for what they have done and welcome them home," said Jeff Harbison, president of American Legion Rider Chapter 129 in Florence, Ariz., and coordinator of the event.

Another group of motorcycle riders, called "Roar of Freedom Rally," led by retired Marine Maj. Brian Myers, arrived at Fort Sam Houston Oct. 7 with a donation of \$1,800 for the Military Order of the Purple Heart Foundation. The riders also treated 30 Soldiers and their family members from the Soldier and Family Assistance Center to a complimentary dinner at a local restaurant.

See **DONATION** on Page 5



Judith Markeltz, coordinator, Soldier and Family Assistance Center, accepts various gifts for service members and their families from American Legion Riders representing Arizona, New Mexico and Nevada chapters.



American Legion Riders from chapters in Arizona, New Mexico and Nevada arrive on the installation Oct. 6 after traveling 300 to 400 miles per day to deliver two truckloads of comfort items for service members wounded in support of operations Iraqi and Enduring Freedom.



Photo by Phillip Reidinger

More than 50 motorcycle riders from Texas, called "Roar of Freedom Rally," visit with service members outside the Soldier and Family Assistance Center Oct. 7. The group donated \$1,800 to the Military Order of the Purple Heart Foundation and treated Soldiers and their families to a complimentary dinner at a local restaurant.

Spurs thank military fans with open practice, BAMC visit

By Norma Guerra
Brooke Army Medical Center Public Affairs

It all started with an invitation from the Spurs. They asked the Brooke Army Medical Center wounded warriors, recovering from injuries sustained in the Global War on Terrorism, to attend their practice Saturday at the AT&T Center.

The invitation also was extended to the entire San Antonio military community.

It was evident that the military community is a huge supporter of the San Antonio Spurs as the seats started filling up shortly after the doors were opened.

The wounded warriors were given special entrance privileges and front row floor seating to enjoy the practice.

Spurs Head Coach Gregg Popovich opened the

hour-long practice by welcoming everyone. "It is a great honor to have our military men and women and their families here this morning," said Popovich.

"It is especially an honor to be in the presence of our wounded warriors who have fought to preserve our country's freedom."

As the practice went on and the crowd cheered as if they were at an actual game, the fans were entertained by the Spurs Coyote who worked the crowd in his usual fashion.

At the end of the practice session, the Spurs threw out T-shirts specially designed for the practice — a white T-shirt with red, white and blue lettering with the words "We Support Our Troops, Go Spurs Go, Practice Session Oct. 14, 2006."

Many lucky fans were randomly given tickets to attend the game that evening.

"This was truly amazing and so much fun," said Staff Sgt. Nathan Reed, an above-the-knee amputee recovering at BAMC.

"My son (Jonathan) had so much fun and I am happy when he is happy. I would not have missed this for the world," he said.

One hour after the practice, BAMC received a request from the Spurs team asking if the entire team could visit the hospital Monday.

Popovich was touched by the support the military community had shown, even more so by the fact



Photos by Michael Dulevitz

Spurs center and forward Tim Duncan and forward Jamar Smith spend time with (from left) Spc. Brandon Dale, Sgt Maverick Tuufuli and Staff Sgt. Douglas Huey Monday at the Brooke Army Medical Center Amputee Care Center.



(From left) Spurs guard Manu Ginobili, center Jackie Butler and guard Beno Udrih listen intently as Spc. Michael Hayes tells them about his road to recovery Monday during the Spurs team visit to Brooke Army Medical Center.



Jonathan Reed, son of Staff Sgt. Nathan Reed, an amputee undergoing therapy at Brooke Army Medical Center, has fun as the Spurs Coyote attempts to keep Tim Duncan from recovering a ball that landed in Jonathan's hands Saturday during a Spurs practice at the AT&T Center.

See **SPURS** on Page 5

Photo by Norma Guerra

Briefs cont. . . . Mail early

Thomas Kinkade artwork at PX

The Thomas Kinkade Heading Home Tour is on display at the Fort Sam Houston Post Exchange until Sunday. The Heading Home Tour offers an opportunity to see a limited collection of Thomas Kinkade artwork. Customers will have the opportunity to purchase limited edition canvases hand-signed by Kinkade. Kindake will not be present; a personalized recorded greeting will be played during the exhibit.

Trick or treat hours

The installation trick or treat hours will be Oct. 31 from 6 to 8 p.m. Only authorized Department of Defense cardholders and their family members will be allowed access to the installation for trick or treating. Visitors without DoD ID cards attending unit functions or private parties will be allowed access.

Retiree Appreciation Day

The Fort Sam Houston Retiree Council and the Retirement Services Office will host the annual Retiree Appreciation Day Nov. 4 from 8 a.m. to 1 p.m. at the U.S. Army Medical Department Center and School, Building 2841, Willis Hall, at the corner of Harry Wurzbach and Stanley roads. Brooke Army Medical Center will provide flu shots, as available, beginning at 8 a.m. Other medical services will be available as well. For more information, call 221-9004.

Veterans Day ceremony

The community is invited to Fort Sam Houston’s Veterans Day ceremony Nov. 11 at 10 a.m. at the Fort Sam Houston National Cemetery. The keynote speaker for the event will be Cmdr. Bradley Lee, commanding officer of the USS San Antonio. The event will include a wreath and banner presentation, gun salute, a tribute to veterans from the Native American community, and music from the U.S. Army Medical Command Band and the Texas Children’s Choir.

Pow Wow to Honor Veterans

In honor of Veterans Day and Native American Heritage Month, the community is invited to the seventh annual Pow Wow Nov. 11 from 10 a.m. to 9 p.m. at the 32nd Medical Brigade Gym. The event will include intertribal and exhibition dances, vendors and food. For more information or to request reasonable accommodation for a disability, call Glennis Ribblett at 221-9401.

CFC under way at AMEDD

The world’s largest and most successful annual workplace giving campaign is under way at the Army Medical Department Center and School, to include the 32nd Medical Brigade. Combined Federal Campaign collections from the first three weeks resulted in achieving 38 percent of the \$283,275 annual goal. Pledges support eligible non-profit organizations that provide health and human service benefits throughout the world. For key worker contact information, visit <http://www.cs.amedd.army.mil>.

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USPS suggests people ship packages to their service members by the following recommended dates:

Military Mail Addressed to:	Express Mail Military Service	First-Class Mail Letters/Cards	Priority Mail	Parcel Airlift Mail	Space Available Mail	Parcel Post
APO/FPO AE ZIPs 090-092	Dec. 19	Dec. 11	Dec. 11	Dec. 4	Nov. 27	Nov. 13
APO/FPO AE ZIP 093	N/A	Dec. 4	Dec. 4	Dec. 2	Nov. 27	Nov. 13
APO/FPO AE ZIPs 094-098	Dec. 19	Dec. 11	Dec. 11	Dec. 4	Nov. 27	Nov. 13
APO/FPO AA ZIPs 340	Dec. 19	Dec. 11	Dec. 11	Dec. 4	Nov. 27	Nov. 13
APO/FPO AP ZIPs 962-966	Dec. 19	Dec. 11	Dec. 11	Dec. 4	Nov. 27	Nov. 13

International shipping deadlines

If sending holiday gifts abroad, the following are the recommended shipping dates:

International Mail Addressed to:	Global Express Guaranteed	Global Express Mail	Global Priority Mail	Global Airmail Letters and Cards	Global Airmail Parcel Post	Global Economy (Surface)
Africa	Dec. 19	Dec. 11	Dec. 6	Dec. 4	Dec. 4	Oct. 16
Asia/Pacific Rim	Dec. 19	Dec. 15	Dec. 13	Dec. 11	Dec. 11	Oct. 30
Australia / New Zealand	Dec. 19	Dec. 15	Dec. 13	Dec. 11	Dec. 11	Oct. 30
Canada	Dec. 20	Dec. 16	Dec. 13	Dec. 11	Dec. 11	Nov. 27
Caribbean	Dec. 19	Dec. 15	Dec. 13	Dec. 11	Dec. 11	Nov. 6
Central & South America	Dec. 19	Dec. 11	Dec. 4	Dec. 4	Dec. 4	Oct. 30
Mexico	Dec. 19	Dec. 15	Dec. 13	Dec. 11	Dec. 11	Nov. 20
Europe	Dec. 19	Dec. 15	Dec. 13	Dec. 11	Dec. 11	Nov. 6
Middle East	Dec. 19	Dec. 15	Dec. 13	Dec. 11	Dec. 11	Oct. 23

USPS is showing its support of the military by offering a free Military Care Package Kit to families with service members overseas. The kit contains three flat rate boxes, two cube boxes, address labels and customs forms. To obtain a kit, call 1-800-610-8734.

Campaign

Continued from Page 1

Developing the campaign is McCann Worldgroup, a marketing communications agency retained last December after a competitive review of potential agencies. To develop the campaign, McCann conducted extensive research among prospective Soldiers and their influencers, and interacted with hundreds of currently serving Soldiers.

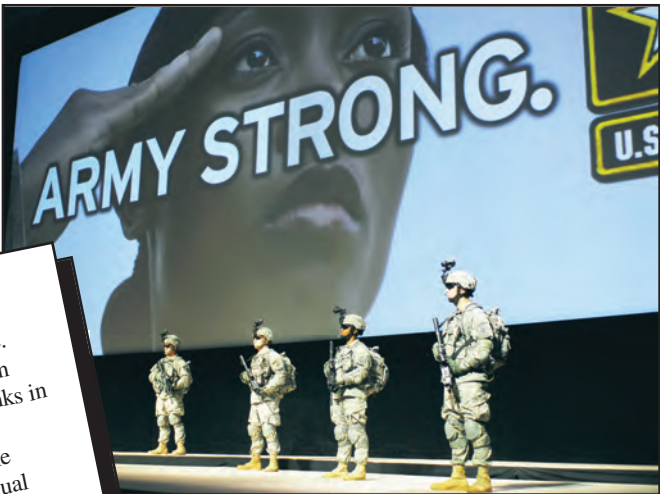


Photo by Betsy Weiner
Army Secretary Dr. Francis J. Harvey unveiled the effort to tell the Army about the Army Strong campaign, a key component of the Army’s recruiting efforts, Oct. 9 during the opening ceremony for the 2006 Association of the U.S. Army Annual Symposium in Washington, D.C.

“This is a campaign informed by research and inspired by Soldiers,” said Eric Keshin, McCann Worldgroup’s worldwide chief operating officer and regional director-North America.
A preview of the campaign and more information is available at Army Knowledge Online; visit <https://www.us.army.mil/suite/login/welcome.html>.
(Source: Army News Service)

To the Army family:

For 231 years our Army has been the vanguard of freedom around the globe. Our ability to fulfill this vital role for the nation depends on each of you, and on the work you do every day. It also depends on our ability to fill the Army’s ranks in the future with committed and capable volunteer Soldiers.
On Oct. 9, I announced the beginning of our effort to inform you about the Army Strong ad campaign at the Association of the United States Army Annual Symposium in Washington, D.C. The Chief of Staff of the Army, Gen. Pete Schoomaker, and I are confident that the new Army Strong campaign captures the unique character of the Soldier. As we all know, you become a stronger person by becoming a Soldier. This is a special kind of strong ... it’s Army Strong!
We will take a full 30 days to explain this campaign as well as possible to help you — our Soldiers, Army civilians, family members and our community champions — understand what it is and the meaning behind it. Watch the video which represents the essence of this campaign on AKO (www.us.army.mil). The public launch (television commercials, new posters, etc.) will take place Nov. 9.
Army Strong stands for a big idea. It speaks to the truth about the U.S. Army — that Soldiers develop mental, emotional and physical strength forged through shared values, teamwork, experience and training ... that by making the decision to join the Army, an individual is choosing to recognize potential strength within him or herself and develop it further ... that an individual Soldier is choosing to take charge of his or her future and career ... that Soldiers actively choose to make a difference in their lives, their families, their communities and for their nation.
I firmly believe Army Strong is the truth. I speak often with Soldiers as I know you also do. In different words and in different ways, over and over again, I hear the story of strength.
General Schoomaker and I are asking for your full support of this important campaign. Every time you go into your community, when you walk through an airport or any other activity in your daily life, you are the most effective demonstration of the Army Strong. We are asking you to represent Army Strong. We are asking you to encourage others to visit www.goarmy.com to learn more about the U.S. Army. You are Army Strong.
Francis J. Harvey, Secretary of the Army

Post Pulse:

The Army will launch a new ad campaign Nov. 9 called “Army Strong.” What do you think of the new campaign?



“I don’t like it. I liked ‘Be all you can be.’ An ‘Army of One’ sounded too individual. The Army is about being a whole. ‘Be all you can be’ was about fulfilling your potential, and there are so many things you can be in the Army.”
Staff Sgt. Tamu Stanberry



“I like ‘Army of One;’ it’s more individual. It puts the emphasis on individual strengths and weaknesses.”
Leo Greene



“The new campaign is good; it’s a change. Change is good.”
Brittany Fryson



“I think the new campaign is a lot better. A lot of Soldiers think ‘Army of One’ is about individuals, but it’s about being an Army together as one. There have been a lot of misunderstandings about that.”
Staff Sgt. Carlos Martinez



“I like ‘Army of One’ better.”
Pvt. Juakin Blackburn

BAMC, Wilford Hall combine vascular surgery services

By Michael Dulevitz
Brooke Army Medical Center Public Affairs

With the most recent Base Realignment and Closure changes looming, Brooke Army Medical Center and Wilford Hall Medical Center have begun that process by integrating their vascular surgical missions.

Lt. Col. (Dr.) Todd Rasmussen, chief of the vascular surgery service at WHMC, said the combining of the Army and Air Force surgical services forms the largest academic and war-ready vascular surgery group in the city of San Antonio as well as the Department of Defense.

“The integration is in anticipation of the Base Realignment and Closure Commission-mandated San Antonio Military Medical Center,” Rasmussen said. He pointed out that until the SAMMC model comes to fruition and can consolidate into one location, robust outpatient clinics, in-patient care and training of students and residents will continue in both the North

(BAMC) and South (WHMC) campuses. The Military Vascular and Endovascular Surgery Service, as it is now called, offers a full range of vascular disease care to include open and catheter-based treatment of carotid artery and lower extremity occlusive disease. “This group is also one of the select few in the country to participate in an elite national study of stent graft repair of abdominal aortic aneurysms,” Rasmussen said.

In addition to the full range of vascular surgery services offered, this group of surgeons provides a continuous deployment model with at least two surgeons deployed to theater hospitals at any one time in support of the war in Iraq and Afghanistan.

“The experience gained in the wartime scenario has a direct impact on how we can better treat our beneficiary population here at home,” Rasmussen said. “The team’s ability to repair vascular damage in the trauma environment provides invaluable insight, training and treatment options for the patients seen in the non-trauma setting.”

Spurs

Continued from Page 3

that BAMC’s wounded warriors made the sacrifice to attend the practice to support his team. He wanted to return the favor.

On Monday, the Spurs bus pulled up in front of BAMC. Greeted by Brig. Gen James K. Gilman, hospital commander, the entire Spurs team filed out of the bus, one by one, and were led to the amputee care clinic.

As the team walked in, after first having to duck to clear the door into the clinic, a cheer broke out from the service members waiting to visit with them.

After visiting at the amputee clinic, the next stop was the burn therapy clinic. Again, the team was welcomed with cheers.

After spending a little over an hour visiting with and signing autographs for the Soldiers, it was time for the team to go. It was evident that the Spurs wanted to stay longer but had other commitments.

An invitation has been extended to the team to return in the future.

Donation

Continued from Page 3



Photos by Esther Garcia

Sgt. Chad Rozanski and his father, Bill, from Arizona, visit with members of the American Legion Riders, who arrived on post Oct. 6 bearing gifts. “This is awesome, spectacular, for them to do this to recognize the Soldiers,” said Bill.



Members of the American Legion Riders, New Mexico Chapter, thank service members for protecting the nation’s freedom.

Domestic Violence Prevention Awareness Month

Seek help, stop cycle of substance abuse, domestic violence

By Angela Moss
Family Advocacy Program

Throughout the month of October, the focus is on domestic violence and the impact of violence on families, children and the Army. A topic that gets considerably less attention is substance abuse and its link to domestic violence.

Despite the undeniable link between the two, very little research has been conducted about the need to develop strategies that address both of these issues together. How can the community help? What is the Army’s response to these issues? These are some basic questions that should be addressed.

Alcohol is one of the most widely abused substances and the single most common factor in abuse cases. This does not mean that other drugs are not involved, alcohol is just more prevalent. Alcohol dependency and battering share some similar characteristics, to include:

- Both may be passed from generation to generation
- Both involve denial or minimization of the problem
- Both involve isolation of the family

On the other hand, there are also some harmful assumptions, to include:

- Alcohol use and alcoholism cause men to batter
- Alcohol treatment alone will address the abuse adequately
- Battered individuals are co-dependent and contribute to the abuse

Battering is a learned behavior and substance abuse does not cause it. Substance abuse may lower inhibitions and is used as an excuse much of the time, but there are

many people who batter who do not drink, and many alcoholics who do not beat their spouses. The alcohol provides a ready and socially acceptable excuse for the violence. What both of these issues have at heart is a denial of the problem and a desire to place blame on someone or something else. The denial makes it difficult for someone on the outside to discover the problem and provide help.

What should come first, domestic violence counseling or substance abuse treatment? The answer is both. It is not a question of either safety or sobriety but safety and sobriety. Without one you can not have the other. True recovery from both substance abuse and domestic violence requires not just abstinence. There also must be a change in lifestyle, which can be difficult without help and support from friends, family and professionals.

Recovery is a unique challenge for members of the military, but there is a wealth of support at Fort Sam Houston. There is an abundance of trained professionals who can help service members and their families through the difficult time of recovery.

The Army Substance Abuse Program has counselors to help with the substance abuse issues, and the Department of Social Work can provide counseling for domestic violence. These two programs work together to provide the layers of support most helpful in recovery.

The Family Advocacy Program also provides victim advocates to help spouses understand their rights and provide needed referrals and support in times of crisis.

The problems that arise with both domestic violence and substance abuse are difficult and varied. However, it is important to know there is help. If someone you know is in a crisis, call the Department of Social Work at 916-3020, Army Substance Abuse Program at 295-4840 or 295-4614, or the Family Advocacy Program at 221-0349.

Army Community Service

Family Advocacy Program October Schedule

Class	Date	Time
Building Effective Anger Management Skills B.E.A.M.S. (six-part series)	Monday and 29	11 a.m. to 12:30 p.m
B.E.A.M.S. (Series 5 and 6)	Wednesday and 25	4:30 to 6 p.m.
Dad Difference (two-part series)	Monday	2 to 3 p.m.
Getting Ready for Childbirth	Friday	9 a.m. to 12 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday	9 to 11 a.m.
Middle Way Parenting	Friday and 27	5:30 to 7:30 p.m.
Marriage Enrichment - Couples Enrichment (three-part class)	today and 26	5:30 to 7 p.m.
S.T.E.P. Program for Parents of School Age Children	today and 26	1 to 2:30 p.m.
S.T.E.P. Program for Parents of Teens	Tuesday	11 a.m. to 12:30 p.m.
Truth or Consequences? (four-part series)	Tuesday	4:30 to 6 p.m.
You and Your Baby (two-part class)	Wednesday	8 a.m. to 12 p.m.

Classes are open to all military, their family members and Department of Defense civilian ID cardholders. For more information or to register, call 221-0349 or 221-2418 or visit www.fortsamhoustonmwr.com.

Crime Prevention Month

Don’t take the bait: Protect self, family from online ‘phishers,’ predators

Most people use the Internet every day, for work, school, shopping, banking or keeping in touch with loved ones far away. It’s a useful tool with information about almost every conceivable topic. However, along with information, the Internet also contains a variety of hazards, such as “phishers,” identity thieves and predators.

While “surfing the net,” e-mails frequently arrive that state “your account will be closed unless you respond immediately” or “click here to claim your \$100 gift card” or some such other attention-getting headline. While some of these are legitimate, most are not. These Web sites, and the people who create them, are hoping that you will fall for their “official” looking Web site and enter personal information, such as name, date of birth, Social Security number, credit card or bank account information. This is called “phishing” because predators are “fishing” for information and hoping someone will take the bait. They then use or sell information and, before people know it, their identity is “stolen” and someone is charging items to their credit card. Many people don’t even realize it until they are declined for credit or a loan.

Others use this high-tech tool to try and lure children into chat rooms by being their friend and ultimately convincing them to meet them somewhere. We hear about this on the news several times a month.

People can help avoid Internet hazards by following a few Internet safety tips:

Keeping children safe

Agree on a list of rules and post these by the computer. The rules should cover how long children can spend on the Internet, when they can surf the Web, what sites they may or may not visit, and whether or not they are allowed to make purchases over the Web. Have everyone in the household sign an Internet pledge; download a copy at www.safekids.com/kidsrules.htm. There are tools and software to block certain sites and record the history of viewed sites.

Talk to children and explain that people they “meet”

online may not be who they say they are. Remind children not to give out personal information over the Internet. They should use an online name (not their real name) and never reveal their address, telephone number or any identifying information. They should not exchange pictures, letters or telephone calls with online acquaintances without approval. If someone sends an e-mail that makes a child uncomfortable or is obscene, tell the child to inform a parent immediately.

Online shopping

People should shop with established companies. If a merchant is unfamiliar, ask for a paper catalog before making an online purchase. Check with the Better Business Bureau to see if there have been any reports about the merchant.

Information security

Keep passwords and personal information private.

People shouldn’t give out Social Security numbers, e-mail addresses or telephone numbers unless they know who is collecting the information, why they are collecting it and how they will use it. Don’t use a Social Security number or date of birth as a password. Use a combination of letters, symbols and numbers, if possible.

People can contact the credit report agencies — Equifax, Experian, TransUnion are the most common — and request that an alert be placed in their file. They will notify people when a new credit account is being established in their name. This could, however, slow approval for credit accounts. Additionally, certain Web sites, such as Annualcreditreport.com, enable people to check each of the three credit agencies once a year.

Keep credit information secure —

don’t carry every credit card. Take only the ones that may be needed. Keep a list of account numbers and contact information for each credit card in a safe place in case a wallet or credit card is lost or stolen.

These are only a few tips that can help protect people. Internet crime can still happen even if people take preventive measures. Victims of fraud, identity theft or any other crime should contact their local police department as soon as possible. Additionally, the Crime Prevention Section, in cooperation with the Internet Crimes Against Children, offer a netsmartz® presentation for children and teenagers, and a presentation for parents about the dangers of the Internet.

For more information or to schedule an Internet safety course for a unit or organization, call the Crime Prevention Section at 221-0990.

(Source: Fort Sam Houston Crime Prevention Section)

Red Ribbon Week starts Monday

Red Ribbon Week is Monday through Oct. 27. The national event was started in honor of Enrique “Kiki” Camarena, a Drug Enforcement Administration special agent killed in 1985 by drug traffickers. Former first lady Nancy Reagan embraced the campaign; and, in 1988, Congress proclaimed the first U.S. Red Ribbon Campaign.



The main goal of Red Ribbon Week is to encourage children to stay drug-free. Schools throughout the nation will participate in the campaign. Students and teachers will wear red ribbons, attend rallies and conduct other activities.

Fort Sam Houston police officers will tie red ribbons to the antennas of their vehicles to show their support to the campaign, and red ribbons will be handed out at various locations. Since October is also crime prevention month, McGruff will be out at various locations on post, reminding everyone to “take a bite out of crime!”

(Source: Crime Prevention Section)



Photo by Elaine Wilson

Ten-Miler team

Eight Soldiers from Fort Sam Houston teamed up Oct. 8 to compete in the Army Ten-Miler, the largest 10-mile race in the United States. More than 650 eight-member teams traveled to Washington, D.C., to participate in the race. Fort Sam Houston team members include (front row, from left) Staff Sgt. Deborah Chapa, 2nd Lt. Heather Lopez, Capt. Patricia Kindred, Capt. David Elliot, (back row, from left) Col. Jean Dailey, Col. Aaron Jacobs, Maj. David Fielder and Capt. Eric Corbett. Not shown is Staff Sgt. Tamara Mayberry. “Overall, everyone did very well; they did significantly better in the race than the trials,” said Corbett, men’s team captain. Corbett said the runners will next compete in the Combat Medic Run Saturday.

SPORTS BRIEFS . . .

Play prohibited on Salado Course

Play is prohibited on the Salado Course at the Fort Sam Houston Golf Course until the conclusion of the growth season, which will facilitate the healthy growth of the greens and tees. People who violate this directive will be subject to having their playing privileges revoked. The course is expected to open in January 2007; however, people should wait until an official announcement is made concerning the opening of the Salado Course. The golf course staff apologizes for any inconvenience this causes to valued patrons. Golf patrons are welcome to use the Lomas Course until the reopening of Salado. For questions or concerns, call 221-5863.

Cole invites Soldiers to football game

Robert G. Cole Jr./Sr. High School will host an evening of football, the Cole Cougars vs. the Jourdanton Indians, Friday at 7:30 p.m. at Cougar Stadium, 1902 Winans Road, Fort Sam Houston. All active duty and reserve military men and women are invited to attend. Military personnel in uniform will receive free entry into the game and a complimentary hot dog. For more information, call Elizardo Hernandez, Cole assistant principal, at 368-8736.

Intramural basketball

Letters of intent are due Nov. 1. Send letters to the Jimmy Brought Fitness Center or e-mail earl.young@samhouston.army.mil. A coaches meeting will be held Nov. 6 at 1 p.m. at the Jimmy Brought Fitness Center. For more information, call Earl Young at 221-1180.

Men’s basketball players needed

The Fort Sam Houston men’s basketball team has openings. For more information, call 221-1180.

Instructors needed

The Jimmy Brought Fitness Center seeks instructors for pilates and yoga classes. For more information, call Lucian Kimble at 221-2020.

<i>Intramural Softball Standings</i>			<i>Flag Football Standings</i>		
Oct. 12			Friday		
Team	Win	Loss	TEAM	Win	Loss
ARNORTH	5	1	BAMC	5	1
264th Med Bn	7	3	264th Med Bn	4	1
USARSO	5	2	187th Med Bn	3	3
BAMC	5	4	BNCOC	2	2
STB Renegades	2	5	DENTAC	2	3
MEPS	1	5	232nd Med Bn	2	5
470th MI	2	7	201st MI	1	5

Fort Sam sailor tackles college football

Story and photo by Elaine Wilson
Fort Sam Houston Public Information Office

Navy Lt. Brian Haack has seen his share of vicious, sometimes bloody, battles during his 24-year career, with man pitted against man in knock-down, drag-out quests for victory.

And that’s just on the football field.

As a full-time sailor and part-time college coach, Haack has spent the past 24 years dividing his time between a Navy career and a football obsession.

“Being a Naval officer and a college coach are dreams come true for me,” said Haack, public affairs officer for the Defense Medical Readiness Training Institute at Fort Sam Houston. “I’ve loved the Navy and football my whole life, and to be able to serve as an officer and coach at this level are both amazing honors.”

Haack’s football passion dates back to age 9, when he was a Navy “brat” growing up in Northeast towns like Norfolk, Va., and Groton, Conn. He dove into sandlot games everywhere he lived, roughing up kids and aggressively tackling NFL-style. “I wanted to be like the players on TV,” he said.

Never one to sit on the sidelines, the avid sportsman also wrestled, played softball and powerlifted. But, “football had the most unity,” he said. “I enjoyed the feeling of brotherhood and teamwork. The lessons I learned related back to life lessons – discipline, honor and loyalty.”

When his family moved to Wisconsin, he tried out for the high school team with bright stadium lights and visions of football grandeur in his head. A lifelong lineman, Haack took his aggression and determination to the

field, but came up a bit short. Although the passion and heart were there, “the coach told me I was too small and too light to play,” he said. “He told me that I would never be a big player for the team.”

But the coach saw something in Haack. He complimented his flawless technique and fierce drive and suggested he try coaching younger kids.

“I was sad but also glad that I had something to offer,” Haack said.

He began coaching 7- and 8-year-olds in 1984, a year after he joined the Navy.

As the years passed, he moved on to older kids, then high school varsity. In 1997, while stationed in Puerto Rico, he had a stint as the head coach of an amateur team called the Fajardo Giants. Haack had his work cut out for him on an island where the sports buffs were more fixated on futbol (soccer), than football.

“It was a struggle just to get everyone together for practice,” he said, adding that the players all had full-time jobs. “We rarely had spectators and sometimes no officials.”

Despite the challenges, Haack led the Giants to two undefeated regular seasons.

After a tour on the USS Nassau, Haack moved to San Antonio in 2003 and decided to aim high; he set his sights on Trinity University, which has a respected Division 3 NCAA football program. The university also has received a No. 1 ranking in the U.S. News & World Report’s “America’s Best Colleges” guide for the past 15 years.

“I knew about Trinity University and what a great school



Navy Lt. Brian Haack, volunteer football coach at Trinity University, gives running back Greg Bielski a few pointers before a game.

it was so I called the head coach, Steve Mohr, and asked him to take me on as a protégé,” Haack said. “He was gracious enough to take me on as a volunteer.

“It was intimidating at first. I felt like a kindergartner among a group of people with master’s degrees in football.”

Three years later, and Haack is still a dedicated, and more confident, volunteer. He sacrifices nights and weekends five months out of the year to coach running backs, a tough sacrifice for a doting dad of a 3-year-old. “I couldn’t do this without my wife’s support,” he said.

See **TACKLES** on Page 10

Tackles

Continued from Page 9

“She cheerfully greets me even when I walk in late. She understands how important football is to me.”

The hard work and sacrifice, however difficult, are paying off. The team went undefeated last year and has only lost one so far this year.

“I think Brian has a great passion for coaching and teaching; we’re very pleased to have him on board,” said Mohr, who has led the team to 13 consecutive conference titles. “You can see his military training in the way he coaches. He’s disciplined and requires the same from his players. He does a great job.”

Haack is popular among the

players, always there with a word of encouragement or a dose of constructive criticism. “He has a unique coaching style,” said running back Greg Bielski, a junior from Corpus Christi, Texas. “He brings enthusiasm to the field, and not just for football. He teaches us lifelong skills and encourages the players to give 110 percent.”

Haack always gives the same in return. “My dad always told me to find what you love to do, and you’ll never work a day of your life,” he said. “I love football and I love the Navy so I guess I haven’t worked a day yet.”

Trinity’s next home game is Oct. 28 at 1:30 p.m. The game and parking are free. For more information, visit <http://www.trinity.edu/>.

Residents invited to housing events

Lincoln Military Housing will host several free events in the upcoming weeks for family housing residents. Residents are asked not to bring guests.

October

• The Halloween BOOwling Bash will be held Oct. 30 from 3 to 7 p.m. at the Fort Sam Houston Bowling Center, Building 2521, Schofield Road. Food will be served at 4 p.m. Children are invited to wear a costume and win prizes. Reservations are required; call 270-7638.

November

• LMH representatives will offer residents a “Breakfast on the Go” Nov. 15 from 7 to 8 a.m.

• Along with a November Yard of the Month, LMH will judge homes for Fall Décor of the Month. The winning residents will receive a \$50 gift certificate for Home Depot. The four winners will be notified by Dec. 5.

• Residents can enter their name in a Turkey Giveaway drawing to win one of five turkeys between Nov. 1 and 14. The winners will be notified Nov. 15. Submit entry forms at the housing office in Building 367 or e-mail name and address to questions@samhoustonlpc.com.

For photos and upcoming activities, visit www.samhoustonlpc.com. For more information, call LMH at 270-7638.

September Survey of the Month Winner

Carolyn Wafford



September Yards of the Month

6785-B Meeks Circle, 443 Graham, 3826 Garden Avenue, 1005 Gorgas Circle

Cougars drop district opener

The Robert G. Cole High School Cougars dropped their district 30-2A football opener 13-10 Friday night to a tough Dilley Wolves squad at Dilley. The Wolves’ defense keyed on and shut down sophomore running back sensation Greg Washington, holding him to 16 yards on 15 carries.

Cole fullback Emerson Weber excelled with 100 yards on only four carries and a receiving touchdown from quarterback Paul Parker, but it wasn’t enough as the Cougars fell to a 4-2 overall.

FSH Elementary to host book fair

Fort Sam Houston Elementary library will host a scholastic book fair today and Friday from 8 a.m. to 3 p.m. The school is located at 3370 Nursery Road. The book fair will offer specially priced books and educational products, including new releases, award-winning titles, children’s classics, interactive software, adult books and current bestsellers from more than 150 publishers. For more information, call Bobbi Jo Bowser at 824-1932.

School board meeting

The Fort Sam Houston Independent School District Board of Trustees will hold its regular meeting Oct. 26 at 11 a.m. in the FSHISD Professional Development Center, 1908 Winans Road.

Fort Sam Houston Independent School District Weekly activities Monday through Oct. 29

Red Ribbon Week

Fort Sam Houston Elementary School Monday

Literary pumpkins due by 10 a.m.
Literary pumpkins judged, 10 a.m.
Wear red ribbon for Red Ribbon Week

Tuesday

Literary pumpkin winners announced
Red ribbon: pledge
PE family night, 5:15 to 7 p.m.

Wednesday

Red ribbon: bookmark
Early dismissal
Pre-kindergarten through fourth grade, 2 p.m.
Fifth and sixth grade, 2:30 p.m.

Oct. 26

Red ribbon: wear red
FSHISD school board meeting in professional development center, 11 a.m.

Oct. 27

Red ribbon: tag
Parent teacher organization board meeting, 8:30 a.m.
Picture retakes
Take home literary pumpkin
Spirit day

Robert G. Cole Jr./Sr. High School Monday

Josten’s graduation presentation in Fine Arts Building, advisory

Tuesday

Josten’s graduation presentation in Fine Arts Building, advisory
Varsity volleyball at Gervin Academy, 6 p.m.

Wednesday

Special pep rally schedule
Academic decathlon field trip to SAMA, 8:30 a.m. to 3:30 p.m.
District cross country meet at Hermann Sons camp, Comfort, Texas, 9 a.m.
Visiting district criminal judge program in Moseley Gym, 3:10 p.m.

Oct. 26

FSHISD school board meeting in Professional Development Center, 11 a.m.
Academic decathlon field trip to Renaissance Festival
Junior varsity football vs. Cotulla at Cole, 6 p.m.

Oct. 27

Varsity football at Cotulla, 7:30 p.m.

Oct. 28

ACT test date
JROTC Corpus Christi drill meet, TBA

Cole Hispanic celebration concludes with a bang

By retired Lt. Col. Robert Hoffmann
Robert G. Cole Jr./Sr. High School

Robert G. Cole Jr./Sr. High School’s celebration of Hispanic Heritage Month came to a rousing conclusion last week.

The entire student body gathered for an assembly in Cole’s Moseley Gym Oct. 11 for a gala celebration of Hispanic Heritage Month. The program kicked off with a student-produced video presentation of personal testimonies as to what their Hispanic heritage meant to them.

Following several poems read in Spanish by members of Cole’s National Spanish Honor Society, a stirring rendition of the classic “Cielito Lindo” was performed by the Cole choir.

The guest speaker for the day’s event was Alex Pruitt of Wilfred Hall Medical Center. Pruitt related how his family fled Cuba in 1961, and how through much adversity during his teen years he was able to overcome many tough obstacles and how the United States allowed him to become successful in life.

“It’s up to you to take responsibility for your lives,” said Pruitt. “And, never forget, despite all of our heritages, we are all Americans.”

Another visitor, Jose Iniguez, a marathon champion, and owner of a race management company called Iniguez Athletic Advertising and Promotions, visited with Cole’s cross country team Oct. 12. Students were amazed that Iniguez’s outstanding accomplishments began when he realized he was not a very good soccer player.

His coach said, “But Jose, you sure can run.” That was the beginning of a life-long pursuit as a runner and a successful business career.



Courtesy photo

Jose Iniguez shares his views on marathon running and success in life with the Cole cross country team.

Iniguez encouraged the students to continually set short-term goals to realize their dreams.

“It takes constant vigilance to accomplish a goal like winning a marathon,” said Iniguez. “I’ve been told, ‘You won’t even place. This marathon is too competitive,’ and then I won the whole thing.”

He concluded, “You have to believe in yourself, and dedicate yourself to the dream. You can do anything you want.”

The Hispanic Heritage celebration ended Friday with a faculty luncheon consisting of traditional foods from throughout Latin America. All items were prepared and served by Jo Chacon’s Spanish II classes. No one left hungry.

“I tell you, that food was really good!” said satisfied Cole math teacher Janice Monroe.

82 years of service recognized



Photo by Ed Dixon

(From left) Lt. Col. Shaun Kueter, Master Sgt. Donna Olsen and Sgt. 1st Class Veronica Stafford are all smiles at the conclusion of their retirement ceremony following 82 years of combined service Sept. 28 at MacArthur Parade Field. Kueter, Olsen and Stafford all received the Meritorious Service Medal for their commitment, dedication and performance of duty while serving in the U.S. Army.



Photo by Esther Garcia

Veterans visit

Chris Kwader, Department of Combat Medic, 232nd Medical Brigade, describes the combat medic course Friday to members of the 39th Engineer Battalion, who were in town for their annual reunion. The group, all Vietnam veterans, included members who were combat medics during the Vietnam war era, and Jose Medina, who was inducted into the Army in 1942 at Fort Sam Houston. The visit included an opportunity to visit the post museums and enjoy lunch at the Sam Houston Club.



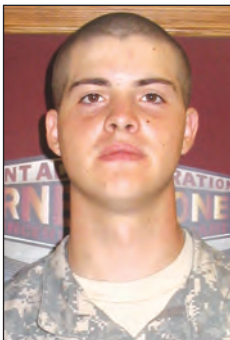
Photo by Esther Garcia

Local leaders visit post

Col. J. M. Harmon, chief of staff, Army Medical Department Center and School, provides an overview of the post to members of the Leadership San Antonio group during a visit to Fort Sam Houston Oct. 4. LSA is a jointly sponsored program of the Greater San Antonio Chamber of Commerce and the San Antonio Hispanic Chamber of Commerce. The group provides a learning experience for existing and emerging leaders who live and work in the San Antonio metropolitan area. During their tour, the group visited Brooke Army Medical Center and received a briefing on the combat medic course. They also donated various snacks to the Soldier and Family Assistance Center.

Troop Salute

264th Medical Battalion



Soldier of the Week

Name: Pfc. Kevin McPherson
Unit: A Company
Career field: Patient administration specialist
Time in service: Four months
Future goals: To earn a bachelor's degree in radiology and to become a command sergeant major
Reason for joining the Army: To fulfill my dream of being a Soldier and to serve my country
Latest accomplishment: Soldier of the Month for A Company, 264th Medical Battalion

Two firefighters from the Fort Sam Houston Fire Department enter the smoke-filled training building as part of a demonstration held during the open house Saturday. A large crowd of about 150 people watched as smoke billowed from the door and window. Firefighters entered with hoses and pulled a dummy to safety from the building.



Fire Prevention Week

Rain didn't dampen spirits at open house

Story and photos by Cheryl Harrison
Fort Sam Houston Public Information Office

An overcast sky and a few sprinkles didn't deter the crowd that attended the annual Fort Sam Houston Fire Department open house Saturday. The open house was the grand finale for Fire Prevention Week, a national observance publicizing the importance of fire safety. This year's theme was "Prevent cooking fires: Watch what you cook." "We figured about 500 to 600 people stopped by," said Scott Rath, fire inspector. "That's a great turnout." The event opened with remarks by Col. Wendy Martinson, Fort Sam Houston Garrison commander. "Fire safety week has been in existence since the 1920s. It dates back to the great Chicago fire, when Mrs. O'Leary's cow was said to have kicked over a lamp setting the barn on fire. President Coolidge proclaimed the

first National Fire Prevention Week to commemorate the anniversary of that fire," said Martinson. "It is due to the dedication of fire inspectors and firefighters that this week is such a success in raising awareness of fire prevention and reducing the number of lives that might otherwise be lost due to fire," added Martinson. The opening remarks concluded with the recognition of the winners of the safety poster contest conducted at Fort Sam Houston Elementary School. The children were on hand to receive their awards and prizes. Sparky the fire dog then made an entrance amid hugs from the children. McGruff the Crime Dog also got a few laughs when he made it known he wanted his ears scratched. A few brave volunteers sat on the "wet" seat of a dunking booth, until a few good pitches landed them in the tank. And some children enjoyed the bouncy castle as a way to expend excess energy.

A large group walked across the road to a live fire demonstration at the training facility, where firefighters practice their skills in a controlled environment. The demonstration showed the firefighters in action during a controlled "kitchen" fire. They ended with a question and answer time for the audience. Four-year-old Halie Harrison said, "This is a really good show." All the children present appeared to be mesmerized by the fire, smoke and bravery of real life heroes, the firefighters. Back at the station house a free lunch was served by volunteers. While the diners enjoyed hot dogs, chips and sodas, the jazz ensemble from the U.S. Army Medical Command Band entertained with music and songs. The open house also included face-painting, games, fire safety, drug awareness and crime prevention displays.



(From left) Firefighters Frank Grijalva, David Lewis (back), Lawrence Salinas and Gabriel Castillo answer questions from the crowd following their demonstration in the smoke-filled building.

Fort Sam Houston Fire Prevention Week Poster Contest Winners

Kindergarten	
First place	Eileen Velasco
Second place	Aaron Jolley
Third place	Trevor Bryant
First grade	
First place	Christian Sones
Second grade	
First place	Anna Sepanic
Second Place	Caleb Besar
Third place	Sasha Marin
Third grade	
First place	Loreany Hernandez
Second place	Hannah Wafford
Third place	Daniela Riedlove
Fifth grade	
First place	Angela Pererira
Second place	Tiara Stokes-Armour
Third place	Marissa Griffith
Sixth grade	
First place	Daniely Hernandez
Second place	Grace Wafford
Third place	Katherine Gunter



One of the firefighters on hand at the fire department open house holds onto the hose connected to a fire engine as the water begins to spray.



Braesha Andrews, 6 years old, has her face painted by Dianna Mack, a volunteer, during the annual Fort Sam Houston Fire Department open house Saturday.



Jacob, 2 years old, and big sister, Halie Harrison, 4 years old, are entertained by McGruff the Crime Dog.



Col. Wendy Martinson, U.S. Army Garrison commander, congratulates and presents Daniela Riedlove, a third grade student from Fort Sam Houston Elementary School, with a prize for winning third place in the fire department poster contest. The posters were based on the Fire Safety Week theme, "Prevent cooking fires: Watch what you cook."



(Above) Christopher Escobedo, 7 years old, throws a ball in an attempt to dunk "the victim" in the "hot" seat of the dunking booth.

(Right) Three-year-old Corban Smith makes a fashion statement with his cute smile and bright red fire hat. Children were treated to many fun giveaways like coloring books, candy, toys and Halloween treat bags during the annual open house held at the Fort Sam Houston Fire Department, all in an attempt to educate the public about fire safety.



RELIGIOUS HAPPENINGS . . .

Catholic religious education registration

Registration for Catholic religious education for first holy communion and confirmation classes is now in progress. To enroll a child or for more information, call Brian Merry at 221 5006 or e-mail brian.merry@samhouston.army.mil.

Catholic Women of the Chapel

The Catholic Women of the Chapel meet Fridays at 9 a.m. for fellowship and enrichment studies. Childcare is provided. For more information, call Kate Schupbach at 212-7842.

Protestant Women of the Chapel

The Protestant Women of the Chapel meet Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 7:30 p.m at the Dodd Field Chapel. Childcare is provided for up to age 5. Visitors are welcome. For more information, call Lois Griffith at 226-1295 or visit www.samhouston.army.mil/chaplain/pwoc.

Fall Bible studies for OCF

The Fort Sam Houston Officers' Christian Fellowship will host Bible studies Sunday, Nov. 5 and 19, and Dec. 3 and 17. Studies will be held from 6 to 7:30 p.m. at 1008 Gorgas Circle, Fort Sam Houston, followed by dessert. Nov. 5 will be a potluck dinner and study. For more information, call Lt. Col. Bob Griffith at 221-6740 or 385-8451 or e-mail robert.griffith1@amedd.army.mil.

Musician, choir director needed

The U.S. Army Contracting Agency, Southern Region Contracting Center –West is soliciting a musician and choir director for the 8 a.m. Catholic service at the Army Medical Department Regimental Chapel. For more information or to obtain a copy of the solicitation, call Christina Sylvester at 221-5367 or Donna VanGilder at 221-5586.

COMMUNITY RECREATION

‘Haunted Halloween’ party at Canyon Lake

The Fort Sam Houston Recreation Area at Canyon Lake will host a “Haunted Halloween” party Oct. 28 from 6 to 9 p.m. Spook yourself on the haunted hay ride, in the witch’s cottage and in the ghost house. The first and second place winners of the costume contest will get to ride on the war-lock’s wagon. For more information, call 830-226-5357.

Boxing at the Brought III

Boxing at the Brought III will be held Oct. 28 at 6 p.m. at the Jimmy Brought Fitness Center. Doors open at 5 p.m. The boxers are ready and the match-ups are expected to bring about fierce action and competition. Admission is \$3 per person. An after-party at the Jimmy Brought Fitness Center will immediately follow the event. Hors d’oeuvres will be provided. For more information, call the MWR Sports Branch Boxing Club at 221-1532 or 221-1342, or e-mail douglas.stanley@samhouston.army.mil.

Early bow season closes

Early bow season will close Oct. 29 at Camp Bullis. For more information, call the Camp Bullis Outdoor Recreation Center at 295-7577.

DINING AND ENTERTAINMENT

Sam Houston Club, 224-2721

Family-style Sunday brunch

Brunch is held the first and third Sunday of each month from 10 a.m. to 1:30 p.m. The next brunch will be held Nov. 5 and will feature a kids’ meal station, chocolate fondue station, complimentary champagne and international food station. The cost is \$13.95 for nonmembers, \$11.95 for mem-

Comedy Show

It’s comedy night at the Sam Houston Club Nov. 3 from 9 to 11 p.m. MWR and Top Bananas Entertainment present comedians Cleto Rodriguez, Olivia Arrington and Patrick DeGuire for an evening of non-stop humor. Tickets are \$12 in advance and \$15 at the door. Tickets purchased in advance will include a free dinner with the show. Sports attire is not permitted. Show’s content may not be appropriate for individuals under 18 years old. An after party will immediately follow the event. Cleto Rodriguez has appeared on Telemundo’s “Loco Comedy Jam” and opened shows for comedians Wayne Brady, Tommy Chong and Carlos Mencia. Olivia Arrington has appeared on Black Entertainment Television’s “Comic View” and the “Latino Laugh Festival” and toured with comedians Steve Harvey and Charlie Murphy. Patrick DeGuire has appeared on Comedy Central, Galavision’s “Que Loco” and Telemundo’s “Loco Comedy Jam” and toured with George Lopez, Paul Rodriguez and Tommy Davidson. For more information, call 224-2721.

bers and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

Sam Houston Club closed on Mondays

Effective Nov. 1, the Sam Houston Club will not operate on Mondays. The facility will continue to be open for special events that are reserved through the Sam Houston Club’s catering office. However, the “All-You-Can-Eat lunch buffet will only be offered Tuesday through Friday from 11 a.m. to 1 p.m. The club staff apologizes for any inconvenience this may cause to valued patrons. For more information, call James Lancaster at 224-2721.

TGIF

Free food and live entertainment featuring “Triple Nickel” are the evening’s highlights at a special TGIF Friday at 5 p.m. For more details, call 224-2721.

Super TGIF

Celebrate Oktoberfest with the Sam Houston Club Oct. 27 at Super TGIF - “A Taste of Germany” starting at 5 p.m. Sample German food and try German drink specials while listening to music provided by the evening’s disc jockey. For more information, call 224-2721.

Bowling Center, 221-3683

Rent-A-Lane Bowling Special

The Fort Sam Houston Bowling Center offers a Rent-A-Lane special Tuesdays from 5 to 8:45 p.m. The cost is \$20 per lane which includes unlimited bowling and shoe rentals. The offer is available to groups up to eight people. For more information, call 221-3683.

Unlimited bowling Friday nights

Receive unlimited bowling Fridays from 9 p.m. to midnight for only \$5.95 at the bowling center. For more information, call 221-3683.

Golf Club, 221-4388

Ladies Golf Clinic

A ladies golf clinic for beginners is held every Thursday in October from 6:30 to 7:30 p.m. at the Fort Sam Houston Golf Course. The cost is \$120 per person. To register, call 355-5429.

Warriors Monthly Scramble Golf Tournament

Register up to four players to participate in the Warriors Monthly Scramble held the first Wednesday of each month at the Fort Sam Houston Golf Club. The next tournament is Nov. 1, with a shotgun start at 1:30 p.m. Entry fee is \$20 per person and includes cart rental, prizes and social following the scramble. Participants must be in an authorized pass or leave status. Register at the golf club’s Pro Shop. For more information, call 222-9386.

Club Championship returns

The Fort Sam Houston Golf Club will host the annual Club Championship Nov. 4 and 5. The 36-hole stroke play event will be held on the championship golf course, La Loma Grande, with an 8 a.m. shot-gun start time on both days. The Club Championship will be flighted by handicaps. There will be a championship flight and open flight as well as seniors, super-seniors, ladies and junior flights.



Photo by Kelly Jones

Drop Box Promotion winner

Paul and Lois, Roth of Military Benefit Representatives, LLC., present Staff Sgt. Adam Garrison, of G Company, 232nd Medical Battalion, with his prize selection valued at \$200 for participating in the Military Benefits Survival Tactics Book Drop Box Promotion. Military members and their families have the opportunity to enter the promotion to win a Survival Tactics Book and prize valued at \$200 throughout the next four weeks. The drop boxes are located at the following MWR facilities: Jimmy Brought Fitness Center, golf course and bowling center. Visit the bowling center or Jimmy Brought Fitness Center to enter the next Survival Tactics Drop Box promotion giveaway.

Interested golfers should register in their respective flights at the Pro Shop from 7 a.m. to 7 p.m. daily. Registration deadline is Nov. 2. Participation is open to all Fort Sam Houston Golf Council members, active duty military members and their family members, Department of Defense employees and contractors assigned to Fort Sam Houston. The registration fee is \$50 for members and \$70 for non-members. Fee includes golf carts, green fees (if applicable), prizes and an awards banquet Nov. 5 immediately following the tournament. For more information, call the Pro Shop at 222-9386.

Harlequin Dinner Theatre, 222-9694

“Wait until Dark,” a thriller by Frederick Knot, will play at the Harlequin Dinner Theatre through Nov. 4. Performance tickets are \$24.95 on Wednesdays and Thursdays and \$27.95 on Fridays and Saturdays. The house opens for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. For more information or reservations, call 222-9694.

MWR ticket office, 226-1663

Tickets are on sale at the MWR Ticket Office, located inside the Sam Houston Club, for popular local attractions and events as well as for out-of-state theme parks. Get San Antonio Speedway tickets for \$6 through Saturday. The MWR Ticket Office is open Tuesdays through Fridays from 10 a.m. to 5 p.m. The office is closed Saturdays and Mondays. For more information, call 226-1663.

CHILD AND YOUTH SERVICES

Fee increase

Effective Nov. 1, childcare fees for the Child Development Center and School Age Services will be increased. The increase is necessary to ensure ongoing quality childcare services for the community. The Child and Youth Services fee policy is based on Department of Defense policy and must be implemented consistently within and across Installation Management Agency regions. This ensures consistency and predictability of the CYS fee structure and procedures for Army patrons as they move from installation to installation. For more information, call Central Registration at 221-4871 or 221-1723.

Total Family Income change

Childcare fees are based on Total Family Income. Effective Nov. 1, Total Family Income will be based on W-2 forms from spouses and civilians instead of pay stubs. Soldiers will still continue to provide current leave and earnings statement, updated child’s shot records, two local emergency designees, physical and/or sport physical within the last year, child’s Social Security number and an \$18 registration fee.

Before and after school registration

Register youth for the before and after school program for middle school and open recreation. Participants must have a Child

and Youth Services membership. To register for membership, patrons will need to provide a leave and earnings statement or W-2 form, two local emergency designees, \$18 registration fee and youth’s Social Security number.

Pre-K before and after school care

The Child Development Center offers before and after school care for the Fort Sam Elementary pre-kindergarten program. Children must be enrolled in the elementary Pre-K program. Patrons must be registered with Child and Youth Services. Spaces are limited. For more information, call Central Registration at 221-4871 or 221-1723.

Basketball coach needed

The sports program is seeking volunteers to coach basketball. Those interested must consent and clear a background check. For more information, call Central Registration at 221-4871 or 221-5513.

Basketball registration

Basketball registration will be held Nov. 4 and Dec. 2 from 9 a.m. to 2 p.m. at the Youth Center. All other dates in between for registration will be at Central Registration, Building 2797, from 8 a.m. to 5 p.m. The last day to register for basketball will be Dec. 2. Participants must be registered with Child and Youth Services. To register, patrons must

bring a current leave and earnings statement or W-2 form, current shots for kindergarten through fifth grade, a sport physical within the last year, two local emergency designees, \$18 registration fee and activity fee.

Care packages for Soldiers

The Youth Services Middle School Teen program are taking donations for a community service project. The youth will prepare care packages to send to Soldiers overseas. Donations can be made at the Youth Center, Building 1630, from 10 a.m. to 8 p.m. Mondays through Fridays and Saturdays from 3 to 10 p.m. A list of suggested items is available at the Youth Center. Suggested donation items include: granola bars, cereal in single-size servings, personal hygiene articles, individual-size servings of soups and entrée pop-top cans, travel-size games, DVD movies and pens and paper. For more information, call the Youth Center at 221-3502.

Headstart seeks applicants

Parent Child Incorporated is seeking applicants for the Headstart program. This is a free childcare program designed to help Soldiers, E-5 and below, and low income Department of Defense civilian employees. Applicants must meet federal guidelines, and entry is based on annual income. For more information, call 221-3788.

Home-based childcare

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full-day, part-day, before- and after-school care, hourly care, extended hourly care and long-term care. For referral information or child registration, call Central Registration at 221-4871 or 221-1723.

Hourly childcare

Child and Youth Services provides hourly care for patrons seeking intermittent childcare. Patrons must be registered with CYS. Care is based on availability and must be reserved in advance. For more information, call Central Registration at 221-4871 or 221-1723.

Mini marathon

A Children’s Mini Marathon will be held Saturday in conjunction with the Combat Medic Fest starting at 10 a.m. at MacArthur Parade Field for youth through age 12 and all special needs children. The cost is \$7 for the first child, \$6 for the second child and \$5 for the third child. Registration will be at the Youth Center prior to the event. Race day registration begins at 8 a.m. For more information and race times, which vary for each age group, call 221-3502

Events

USO hosts Spouse’s Spa Day

The San Antonio USO, located at 420 E. Commerce St., will host a Spouse’s Spa Day Friday. During the day, the USO will provide massage therapy, facials, manicures, pedicures and a relaxing environment for all military spouses. For more information, call Julie Nichols at 227-9373, ext. 12.

Organ Donor Awareness run/walk

Vital Alliance 9th Annual Organ and Tissue Donor Awareness run or walk will be held Saturday at 8 a.m. at the Mission County Park Pavilion No. 2 at 6030 Padre Drive in San Antonio. Several hundred donor families, recipients and individuals representing San Antonio and surrounding communities will come together in an annual effort to increase organ and tissue donor awareness. For more information and to register, call Esmeralda “Mela” Perez at 614-7030 or visit www.varunwalk.org.

‘Wait Until Dark’ at Harlequin

The Harlequin Dinner Theatre will feature “Wait Until Dark,” by Frederick Knott, every Wednesday through Saturday evening through Nov. 4. The cost is \$27.95 Fridays and Saturdays and \$24.95 Wednesdays and Thursdays. There are discounts for military. The house opens for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m., and the show begins at 8 p.m. For reservations, call the Harlequin Dinner Theatre at 222-9694. The box office is open from 12 to 5 p.m. weekdays and 1 to 5 p.m. Saturdays.

San Pedro Springs Park walk

The Trinity Trekkers Volksmarch Club will host a 10K and 5K walk Saturday starting between 8 a.m. and 12:30 p.m. next to the pond at San Pedro Springs Park, across from San Antonio College on San Pedro Avenue. The walk will finish about 4 p.m. For more information, call David Toth at 521-8684 or e-mail trintrek@sbcglobal.net.

‘Newcomers Extravaganza’

The next “Newcomers Extravaganza” will be held Tuesday from 9:30 to 11 a.m. at the Sam Houston Club. The monthly newcomers orientation is mandatory for all newly assigned permanent party Soldiers in the rank of lieutenant colonel and below within 60 days of arrival at Fort Sam Houston. Soldiers, civilians and family members will learn about Fort Sam Houston and the San Antonio area. Commanders and supervisors are encouraged to allow Soldiers and civilian employees administrative time to attend. Children are welcome. For more information, call the Army Community Service Relocation Assistance Program at 221-2705 or 221-2418.

Divine Literary Tour at Fort Sam

Ten authors from the Divine Literary Tour will be in San Antonio to continue their message of literacy and unity beginning Oct. 26 at the Buena Vista Building located at the University of Texas San Antonio downtown campus. The weekend will continue Oct. 27 with a lunchtime discussion with UTSA students on “Black Voices in Literature.” The discussion will take place at the UTSA 1604 campus, and will also include a book signing. Later that day, tour authors will sign books at the Fort Sam Houston Post Exchange from 4 to 6 p.m.

Fisher House, Inc. gala, silent auction

The Fisher House, Inc. gala and silent auction will be held Oct. 28 from 6:30 to 10 p.m. at the Marriott Riverwalk Hotel. Entertainment will be provided by the Sentimental Journey Orchestra and dress is business attire. For ticket information or to sponsor a table, call 673-7500.

Waring Fall walk

The Hill Country Volkssportsveren Volksmarch Club will host two 10K walks and a 5K walk Oct. 28 and 29 beginning at the VFD Hall in Waring, Texas. For more information, call John Bohnert at 830-995-2421 or e-mail tina.bohnert@comfort.txed.net.

Kids’ Halloween party at USO

The USO Downtown, located at 420 E. Commerce St. will host a kids’ Halloween party and pumpkin patch Oct. 30 from 6 to 8 p.m. Children are encouraged to wear costumes. For reservations, call 227-9373, ext. 12, by Oct. 27.

MOPH unveils monument

The Military Order of the Purple Heart, Alamo Chapter 1836, will host a dedication ceremony to unveil a monument Nov. 3 at 10 a.m. at the Bexar County Justice Center, 300 Dolorosa St., corner of Dolorosa and Main streets. The monument is dedicated to the men and women wounded in all the wars. The U.S. Army Medical Command Band will provide patriotic music. The public is invited.

San Antonio Zoo military discount

On Nov. 12, the San Antonio Zoo located at 3903 N. St. Mary’s St. will offer military personnel and their immediate families a 50 percent discount on admission tickets. Patrons must show a military ID card to receive the discount.

USO ‘Strike Force Bowl-A-Thon’

The USO San Antonio presents “Strike Force Bowl-A-Thon” Nov. 12 at 2 p.m. at the AMF Country Lanes, 13307 San Pedro in San Antonio. Registration forms are available at www.alamouso.org. For more information, call Julie Nichols at 227-9373, ext. 12 or e-mail nichols@alamouso.org.

VFW Post 8541 luau

The Veterans of Foreign War Post 8541 will host a Veterans Appreciation Luau Nov. 19 from 2 to 6 p.m. The VFW Post 8541 is located at 2222 Austin Highway in San Antonio. Free food, live music and refreshments will be served. For more information, call 655-2944 or visit www.vfwpost8541.org.

Tough ‘Ombre Run

The 26th annual Tough ‘Ombre Run will be held Dec. 1 at 9 a.m. at McAllister Park, 13102 Jones-Maltsberger Road in San Antonio. The Tough ‘Ombre 10K is the oldest certified race in Texas. All registrants will receive a T-shirt. The fees are \$20 for 10K, \$15 for 5K and \$10 for 3K. The four-person team for the 10K is \$70. For more information, call Cheryn at 830-336-4543 or e-mail cheryn@gvtc.com, or visit www.active.com to register online.

SA Symphony military discounts

The San Antonio Symphony 2006-2007 concert series consists of 12 classical concerts, six pops concerts and four special events. The concerts are held Fridays and Saturdays at 8 p.m. at the Majestic Theatre. Military discounts are available. For reservations, call Karen Cramer at 554-1000 or e-mail cramerk@sasymphony.org. For dates and feature artist, visit www.sasymphony.org.

Meetings

Cloverleaf Communicators Club

The Cloverleaf Communicators Club will celebrate its Founder’s Day today from 11:45 a.m. to 1 p.m. at the Fort Sam Houston San Antonio Credit Union. The club has been on post since 1958 and is open to military, civilians and their family members who are interested in developing and enhancing their leadership and communications skills. The club meets the first and third Thursday of the month in the San Antonio Credit Union’s conference room from 11:45 a.m. to 1 p.m. For more information, call Anthony Jones at 221-7835 or e-mail anthony.jones@us.army.mil, Deborah Bowman at 221-6517 or e-mail deborah.bowman@us.army.mil or Mariea Shelton at 916-3406 or e-mail mariea.shelton@us.army.mil.

Hearts-A-Part

People without a family readiness group are welcome to attend Hearts-A-Part Saturday from 10:30 a.m. to 12 p.m. at the Roadrunner Community Center, Building 2797 on Stanley Road. The event is open to all spouses of deployed Soldiers and the topic of discussion will be “Decreasing holiday stress.”

Refreshments will be served. To register or for more information, call 221-9821 or 221-0946.

Retired Officers’ Wives, Widows Club

The San Antonio area Retired Officers’ Wives and Widows Club will meet Wednesday at 11 a.m. at the Sam Houston Club. The program will include the history of San Antonio and the river by Docia Williams. For reservations, call 822-6559.

Warrant Officer Association meeting

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets the third Monday of the month at 7 p.m. at the Veterans of Foreign Wars Post No. 8541, located at 2222 Austin Highway, between Perrin Beitel and Eisenhower roads. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call Bill Strout 590-2642 or e-mail bstrout@texas.net, or Suzan Farrell 378-0422 or e-mail suzan.farrell@us.army.mil.

SAMC study group

The Sergeant Audie Murphy Club, SMA Van Autreve Chapter, conducts a study group Tuesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in Building 1350 for Soldiers preparing for competition boards. For more information, call Master Sgt. Adrienne Berkley at 295-4545 or 737-4540 or e-mail Adrienne.Berkley@us.army.mil, or call Sgt. 1st Class Tiffany Reid at 295-4442 or e-mail Tiffany.reid@amedd.army.mil.

BAMC chess club

The Brooke Army Medical Center chess club meets Mondays from 4:30 to 7 p.m. in the BAMC Medical Mall. The club is open to military and their family members, civilians and patients; experience is not necessary. People can bring a chess set, or sets can be provided on site. For more information, call Sgt. Michael Veri at 557-2477 or e-mail michael.veri@cen.amedd.army.mil.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee’s recommendations to improve single Soldiers’ Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Mossaab Benhammou at 295-4014.

Training

AFTB Level 1

People new to the Army are encouraged to attend Army Family Team Building Level 1 training Tuesday and Wednesday. Topics of discussion include military culture, acronyms, the impact of the military mission on family life and many others. For more information or to register, call Sue York at 221-9821.

AFTB offers Instructor Trainer Course

The Army Family Team Building Instructor Trainer Course will be held Oct. 27 and 28 at the Roadrunner Community Center, Building 2797 on Stanley Road. The two-day course covers the basics of group dynamics and presentation skills. The class is free and open to the public. For more information or to register, call Sue York at 221-9821.

English as a Second Language

English as a Second Language classes are held Tuesdays and Thursdays from 6 to 8:30 p.m. at the Roadrunner Community Center, Building 2797. ESL classes are designed to help foreign-born spouses of military increase reading comprehension, vocabulary and pronunciation. Students will participate in beginners, intermediate and advance level classes with individualized group instruction. The ESL classes are sponsored by Region 20 Education Center and the Army Community Service Relocation Assistance Program. For more information, call 221-2418.

Army ROTC Lateral Entry Program

The University of Illinois Army ROTC Lateral Entry Program is looking for individuals with prior military service or members of the National Guard or Reserve who wish to become officers. The Lateral Entry Program allows eligible students to contract into the ROTC as cadets when they are academic juniors, seniors or graduate students with four semesters of coursework remaining before graduation. For more information, call 877-863-4768, e-mail arotc@uiuc.edu or visit <http://www2.uiuc.edu/unit/armyrotc>.

Green to Gold briefings

Fort Sam Houston’s Education Center will host Green to Gold briefings for Soldiers interested in the ROTC program. The briefings will be held Oct. 25 and Nov. 22 at 9 a.m. and 1 p.m. in the Army Learning Center, Building 2247, Stanley Road and New Braunfels Avenue. Army ROTC cadre from local universities and the 12th ROTC Brigade Recruiting Office will conduct briefings and answer questions. For more information, call Maj. Parker at 458-5607 or Amy Gagnon at 295-2005.

Green to Gold program

The Army ROTC at the University of Illinois at Champaign-Urbana seeks talented enlisted Soldiers who want to earn bachelor’s degrees. Enlisted Soldiers with officer potential and with at least two years on active duty are eligible to participate and enroll in Army ROTC through the Green to Gold Program. For more information, call 877-863-4768, e-mail arotc@uiuc.edu or visit <http://www2.uiuc.edu/unit/armyrotc>.

Undergraduate evening studies

A St. Mary’s University representative will be available for appointments Wednesdays and Thursdays from 9 a.m. to 4 p.m. at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360. For information on undergraduate admission to St. Mary’s, call the Office of Evening Studies at 436-3215 or e-mail evst@stmarytx.edu. For information on graduate admission, call 436-3214 or visit <http://www.stmarytx.edu/eveningstudies>.

Computer certification

St. Mary’s University and New Horizons Computer Learning Center will have a representative available to discuss computer certifications Tuesdays from 9 a.m. to 4 p.m. at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360 or visit <http://www.stmarytx.edu/continuingstudies/>.

St. Mary’s University education office

A St. Mary’s University representative is available Mondays through Thursdays from 8:30 a.m. to 4 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. in Building 2248, Room 206, to assist individuals interested in a master’s degree in teacher certification. For more information, call Iona Million at 226-3360.

Volunteer

ASMC community project

The American Society of Military Comptrollers will sponsor a community cleanup project Saturday from 9 a.m. to 12 p.m. at the Sunshine Plaza Apartments, 455 E. Sunshine Drive in San Antonio. The project involves light cleaning for senior residents. School students can earn a certificate for up to 3 hours of community service. To volunteer, e-mail Kathy.scott@cen.amedd.army.mil or Patrick.reynolds@us.army.mil.

Children’s Shelter seeks families

The Children’s Shelter seeks new foster and adoptive parents to care for children in Texas. Children’s ages range from newborn to 17 years old. The Children’s Shelter is a nationally accredited agency that provides a safe haven and emergency care for children who have been abused, abandoned or neglected. For more information, call Alejandra Chavez at 212-2500, ext. 6701 or e-mail achavez@chshel.org.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To sub-

mit a Fort Freebie, e-mail **news.leader@samhouston.army.mil** or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



For Sale: 1998 specialized FSR extreme bike, upgrades and extras, in great shape, \$700; 2005 Fuji Roubaix Pro Carbon Fiber road bike, 52 cm, \$700; \$1,300 for both. Call 945-7627.

For Sale: Purebred male cocker spaniel, eight months, papers, \$100; upright spinet piano, \$500; sleeper sofa and loveseat, \$150. Call 845-309-2765.

For Sale: 2005 Chrysler 300 Limited sedan, silver, V-8 engine, fully loaded, clean, sunroof, tinted windows, security system, navigation, vogue tires, 60K miles, \$26,000 obo. Call 333-3806.

For Sale: Corner computer desk with silver frosted glass and chrome,

shelf for a printer or scanner, in great condition, \$100. Call 818-6585.

For Sale: 1999 Monte Carlo LS, V-6 coupe, two-door, loaded, new tires, 72K miles, \$6,200; baby crib with mattress, \$30; rowing exerciser, \$60; 27-inch Panasonic color TV with stand, \$100; sectional sofa, \$200. Call 666-0502 after 6 p.m.

For Sale: Cherry wood table with six chairs and two-piece cabinet, two cherry wood end tables and one living room table, all pieces \$1,100 obo. Call 232-7738.

For Sale: Queen Anne dining table with six chairs, \$400; two storage chests

with drawers, \$30 each; sofa and love seat, \$600 obo. Call 262-5501.

For Sale: 2005 H-D Low Rider, 2,500 miles, custom seat and bars, tons of extra chrome, \$16,500. Call 945-7627.

For Sale: 1992 Honda Accord, two-door, automatic, in good condition, \$1,350; 1995 Corvette, automatic, ac, CD player, clean, \$9,500. Call 777-8883.

For Sale: Siemens satellite phone, \$100; Technics piano, \$500. Call 320-0493.

Free: Kittens, 8-weeks-old. Call 777-5004 or 772-1870.

Career Clips

Volunteer services coordinator, San Antonio - Performs consultative and technical work in planning, developing, and implementing or administering projects or programs. Provides complex technical assistance to others, including staff, volunteers, contractors and other organizations, on policies, procedures, rules, regulations, standards or requirements. Assists in preparing reports and projects on effectiveness of program activities and recommends improvements.

Family Advocacy Program educator, San Antonio - Responsible for researching, developing, marketing and conducting skill-based domestic violence prevention and other education classes. This position also provides assistance to the FAP manager and a variety of marketing, administrative and coordination support for special events and other FAP services.

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2263, Room B099 or by calling 221-1213.